Food & fluid myths in hospital

Myth: Family members should be excluded during mealtimes

FALSE

Family, friends and carers can all play an important role in encouraging patients with small appetites to eat a little bit more.

Providing the right level of assistance is just as important as making sure a patient gets the right food. Families should be encouraged to discuss with staff how they can help with mealtimes on wards.

Patients may need assistance:

- To eat and drink
- To cut up food
- To peel fruit or open packets
- To keep mealtimes as normal as possible

Nursing staff will help patients who need assistance to eat.

For further information: www.nhsggc.org.uk/foodfirst